

Sourdough starter

Lucille Duszak of Wilmington sent the following, noting she uses only nonmetal utensils and bowls.

- 1 packet dry yeast
- 2½ cups lukewarm water, divided use
- 2 tablespoons sugar
- 2½ tablespoons all-purpose flour

Mix the yeast and ½ cup warm water. Mix the sugar and flour with 2 cups warm water, then add the yeast mixture. Refrigerate 3-5 days, then begin the feeding cycle.

FEEDING THE STARTER:

- 3 tablespoons instant potatoes

- 1 cup warm water
- ¾ cup sugar

Feed the starter in the morning, to make bread that night. Stir in the 3 ingredients and let sit on the counter at room temperature for 8-12 hours. Stir again. Take out 1 cup for making bread (or discard, if not baking). Return the rest to the refrigerator. Feed every 3-5 days, whether baking or not.

Sourdough bread

- 1 cup starter
- 1½ cups warm water
- ½ cup oil
- 1 teaspoon salt
- ⅓ cup sugar
- 6-6½ cups bread flour

Stir together the first 5 ingredients, then add as much flour as it will take to form a ball in a large bowl. Let rise in the bowl for 8-12 hours. Divide the dough into 3 parts. Knead each by hand 6-8 times. Place into 3 greased loaf pans and let rise another 8-12 hours. Bake at 325 to 350 degrees for 35 to 40 minutes. Cool. Store in plastic bags. Freezes well.

Potato chive bread (for bread machines)

- ¾ cup water
- 1 tablespoon margarine
- 2 cups bread flour
- ⅓ cup dry mashed potato mix
- 1 tablespoon freeze-dried chives
- 2 teaspoons sugar
- 1 teaspoon salt
- 1¾ teaspoons bread machine yeast

Measure all items carefully into the bread machine pan in order recommended by manufacturer. Select basic/white cycle. Use medium or light crust color. Do not use delay cycle. Remove baked bread from the pan and cool on a wire rack.

Skillet spaghetti

Seeing baked spaghetti recipes last month reminded Dot Beard of this one, which requires no browning of beef or precooking of pasta.

- 1½ pounds lean ground beef
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 6-ounce can tomato paste
- 1 8-ounce can tomato sauce
- 2 cups tomato juice
- 1½ cups water
- 1 teaspoon Italian seasoning
- 2 teaspoons salt
- 1 teaspoon sugar
- ½ pound spaghetti

Mix all in a large skillet, except the spaghetti. Simmer 30 minutes. Add spaghetti; simmer, covered, 30 minutes, or till pasta is tender. Stir now and then.

Serve with Parmesan cheese.